

What LILLIAN RUSSELL Has Said About "How to Reduce"

A Woman Must Like Her Exercise and Not Have to Force Herself to Do It Every Day if She Wishes the Best Results.

The Trouble With the Efforts of Women to Take Exercise Is That They Overdo It—and Do Not Exercise Regularly.

Fourth in a series of daily articles based upon interviews with Miss Russell and her own writings.

By Marguerite Moores Marshall. Copyright, 1922 (New York Evening World) by Press Publishing Co.

LILLIAN RUSSELL showed her intelligence and good sense by being one of the first well-known American women to join the cult of sport and physical exercise. Riding horseback, riding the bicycle, tennis, fencing, besides strenuous gymnastic exercises, formed an important part of Miss Russell's daily routine for years.

She wrote for The Evening World a special series of articles on different kinds of exercise and the benefits to be derived from them. To-day's article is a summary of the points Miss Russell made in this original Evening World discussion of "EXERCISE."

"From the time I have finished breakfast at 8:30 o'clock until lunch at 12 or 1 I am exercising. Immediately after breakfast I go out to the tennis court. To my mind, absolutely no outdoor exercise is finer for development or for training down than tennis. It brings into play almost all the muscles of the body, and it is done in the fresh air, where every bit of one's exercising should be done when possible.

"I began playing tennis to reduce my weight. When I did so the muscles of my upper arm and forearm were not especially well developed, but my arms were large. When this is true it means, of course, that the muscles are covered with fatty tissue, and while this tissue is there the muscles have no room to develop.

"Now, consider the movements made in playing tennis. Stooping to pick up the ball, raising the arms above the head, the sharp stroke of the right arm when the ball is hit, and after that the constant running, dodging and leaping to meet the ball with the racket. The arms are in continual motion, raising or swinging; the head is erect, the chest is expanded, the lungs are being filled with fresh air—there could be no more general exercise for the whole body.

"Now, with this exercise begins at once the change in the muscles. I had not been playing tennis a week when I felt it. My arms were changing in shape and for this reason: As the muscles expanded, growing hard and firm, the fat above the muscles gave place for their development and gradually disappeared. My arms became muscular but they were not fat.

"One of the greatest benefits of a game of tennis is the time just after the game. I never spend this time sitting down to rest or cool off. This is the worst possible thing to do. A woman must remember that anything that makes her ill will make her old. Nothing is more likely to make her ill than rest and cooling off after violent exercise.

"When I have finished my tennis I punch the bag for twenty minutes to keep up the rapid circulation brought about by the tennis. Twenty minutes of anything that will do this is a good interlude between tennis and what must of course follow it, the shower bath.

"My gymnasium is on the lawn at the back of my country home. It is less than a mile across to the beach, so the air is pure and salt. The gymnasium is fifteen feet square and is two steps up from the ground. It has open sides, and from the top awnings are hung so that the place may be inclosed when it is raining.

"I regard as chief in importance of my gymnasium equipment the punching bag. This is what the punching bag does: It develops the muscles of the arm until the arms are nothing but muscle. Every bit of superfluous fat goes off. In addition the punching bag, of course, develops the chest and shoulder muscles wonderfully.

"One's youth is in one's muscles. Let every woman remember that.

"But one of the punching bag's greatest values is the way in which it



LILLIAN RUSSELL.

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muscles of the body. It sets the blood in circulation very quickly. Nothing is better for lung difficulties than fencing. Another thing in its favor is that it teaches patience and self-command.

"The use of the wand or bar is also very good. I have one about seven feet long in my gymnasium and it is especially good for the muscles of the neck and shoulders. Besides the bag and the bar and my felle I use the elastic exercises. The elastic is fastened to a panel put up in my gymnasium and I work at it a few minutes every day. It takes the place of the weights formerly used, and is far better.

"I use the medicine ball very frequently as a valuable variation of the other exercises. To play medicine ball properly one must stand on a lawn and raise one's arms above one's head, holding the ball lightly in both hands and then fling the ball forward. Every muscle of the body comes into play in that moment.

"A woman must like her exercise and not have to force herself to do it every day if she wishes the best results. "Housework is fine exercise. And yet a New York woman frequently feels injured if she has to do her own housework!

"The women who spend their lives in a round of indoor social pleasures live about half their lives. The other half goes for lack of a tennis net and a dollar punching bag.

"The woman who realizes in the late thirties the value of exercise is going to accomplish a good deal, though she has a good deal to fight, too. "But the woman who begins to exercise when she is still in the twenties is going to be youthful all her days. When I say youthful I mean beautiful, for youth is beauty."

The next article in this series, to be published on this page Monday, will give Miss Russell's ideas on "Clothes."

Housewives Who Fail

THE SLACKER

By Mrs. Christine Frederick. Household Efficiency Expert; Author "Household Engineering."

"There was a 'slacker' housewife. 'Why must I cook,' quoth she, 'Or sew or mend or children tend? To dress and idle suiteth me.'"

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"WOMAN," says a noted authority, "is no longer a cook—she is a can-opener."

And we agree that there is a constantly increasing

group of what we might call the ready-made housewife. She, like the proverbial lilies of the field, does she spin, but keeps house on a quick-and-easy instalment-plan basis, which often results in serious consequences to her husband and family. It is therefore not surprising that one out of every twelve marriages ends in divorce when we know that at least one out of every twelve women is a "Slacker" Housewife.

Claiming that she "has no time to cook," she turns over the responsibility for family meals to the food factory, and getting dinner means only a few minutes' fussing with cans and cartons whose contents she lays unappetizingly on the table; or so frequently is she occupied with afternoon tea, bridge or movie, that not until the last moment does she become conscious that a hungry husband is drawing nigh and that she must immediately find the where-withal to "feed the brute." But what an easy matter it is to rush to a shop and purchase half a pound of sliced meat, one-quarter pound of potato salad, one-eighth pound jar of salad dressing, 10 cents worth of pickles and some mocha tarts! Or again, the "Slacker" Housewife forgets to ask herself, "What shall we have for dinner to-night?" until 5 P. M., when she runs to stand in the meat line and entreat the butcher for a sirloin, the universal life-saver of the "Slacker" Housewife.

Back home she eagerly flares up the gas, hurries on the frying pan—sizzle—goes the steak, opens a can of corn and just as "friend husband" grates his key in the door she is ready to say: "Dinner's all waiting, dear!"

The unfortunate "Slacker" Housewife does not know the difference between a calorie and a Greek root. To her "potatoes are potatoes" and "beans are beans," and they do not differ by so much as one gram in their value to the human diet. If little Tommy wants a banana or a sausage, bless his soul, he shall have it; indeed, several of them, no matter how unripe or how dangerous to his little tummy. If he craves for a purple candy pipe to suck, or a cake in a window or insulate on tasting mamma's cup of coffee, he gets it—anything to keep him quiet.

The "Slacker" Housewife has no interest and knowledge in the scientific feeding and care of children. She would be much more able to tell you who received the greatest number of votes in the latest movie popularity contest or the up-to-date decree of fashion in neck styles than she would what vegetables should be allowed a two-year-old child or why every child needs a quart of milk a day.

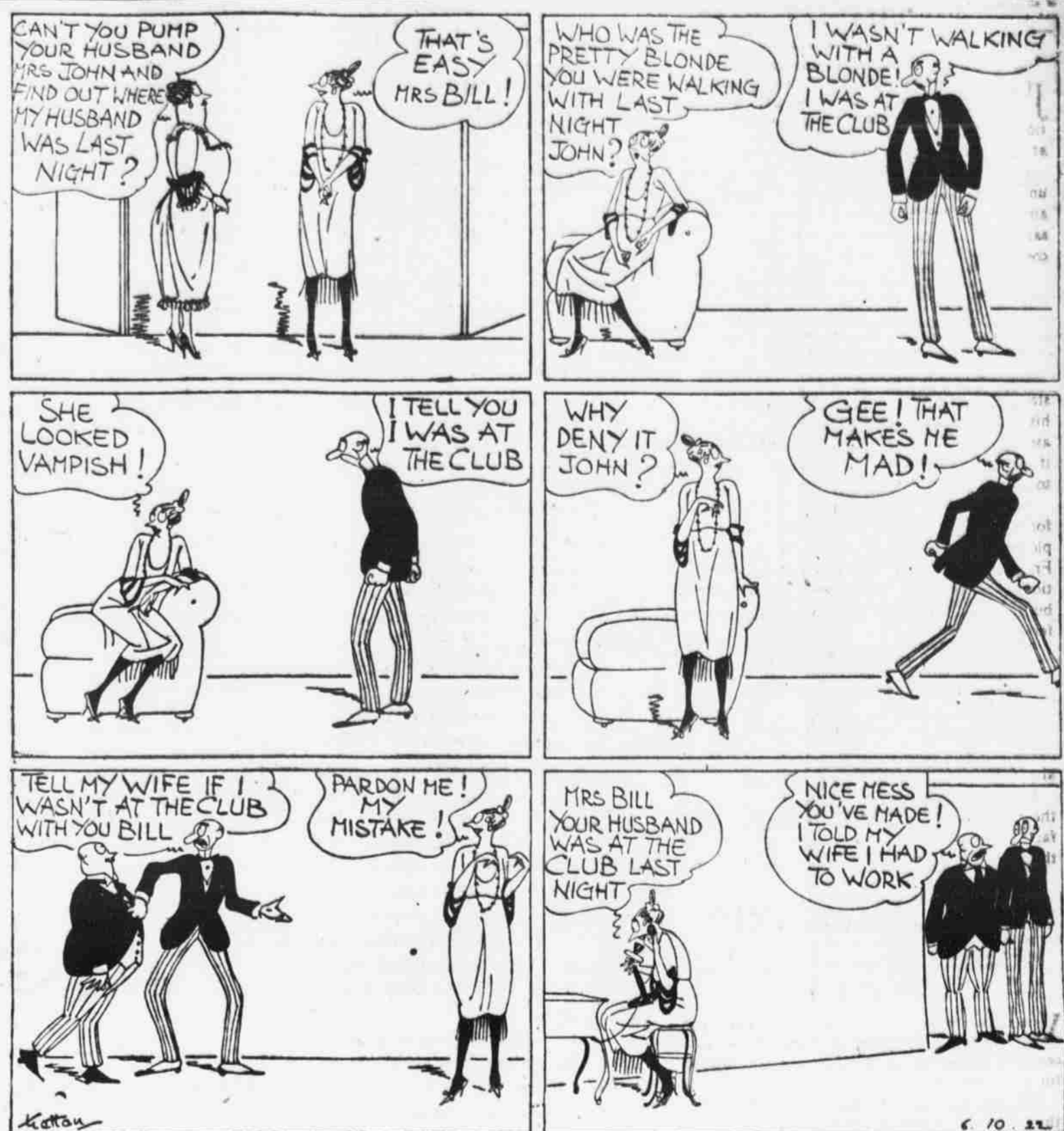
There are a few philanthropic laundresses willing to sew buttons and darn socks for bachelors, but keeping the family clothing in order is one of the accepted duties of the house manager. But here, too, the "Slacker" Housewife shirks her job. She is a constant victim of the lure of the 79c. bargain counter; she thinks she is saving money since she is getting an article "cheap," but because she buys on a basis of price and not value and lasting quality she is really wasting her money.

We admit that ready-made clothing has a wide field of usefulness. It is to rely exclusively on manufactured articles as does the "Slacker" Housewife, not to let down a hem or let out a waistband herself, nor to darn, repair or make over is surely shirking, skidding down the primrose path of reckless extravagance and inevitably facing debt or economic wreck!

Does she think she wants a summer fur or does she see an antique table at a marvellous reduction or some dress goods whose pattern strikes her fancy? Whether she really needs these things or not, or whether her husband's income justifies them, she straightway purchases solely because of her personal whim or desire without any reference to the family budget. While the struggling husband is doing all in his power to provide necessities for the family and build up his business for their future security, the "Slacker" Housewife is multiplying his efforts in a wild craving for luxuries. She is wasteful, imprudent, a home bookkeeper and often manager who would be discharged for incompetency if she worked for any one else than her husband.

Can You Beat It!

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TO A JUNE BRIDE

By Sophie Irene Loeb

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JUNE and the sun shone bright on her wedding morn And the little Love God beamed with joy as he flew across the space And reached Hymen's altar, decked with roses.

And amidst the happy guests the great event was consummated, Then Cupid flew away with the one cry—Love! Love! Love!

And the whole world echoed his cry—Love! Love! Love!

But somewhere in the shadow Grim Reason waited And cried "Wait! Listen to me."

"Tis all very well for the blind one "To leave you thus on the threshold of life "With one thought—Love."

"Yet there is more, much more. "If you would keep the love-light in your eyes "And ecstasy in your heart

"Harken to me, for I have seen and lived much, oh, so much. "Tis not one you are, but two. "Two souls, two hearts, two bodies.

"Years before you came together "Habits were formed "And ways of doing things

"And even small mannerisms, "All of which you have to learn, each of the other. "There will be times to forgive and times to forget, "There will be times of sadness and times of sorrow

"And the mettle of which you are made will be sorely tried; "Let it not be found wanting. "Remember that Respect is the elder brother of Love

"And when he is gone, Love goes with him. "Realize that Consideration is the one Goddess "Who will settle all your trials and troubles

"And above all, know that both are equal partners "In the highest contract "That man can make and which now is yours."

And the smile died out of the blushing face Of her who had only gladsome thoughts and golden dreams. She shivered, but he held her close.

"Be careful, my dear, the wind is too strong, "But I am here and all is well."

And reason smiled a faint, sad smile—and vanished.

DO YOU KNOW—The Cow Path?

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WHEN you ask a policeman to direct you to some building he has never heard of, he says, "Walk down Pearl Street."

When you ask a subway guard where any downtown street is, he says, "Follow Pearl Street."

The reason is, that Pearl Street is the crookedest street in New York and therefore the best bet. And the reason for it being the crookedest street is because Pearl Street was laid out by cows. It was formerly known as "The Cow Path." It begins at Broadway and ends at Broadway—largely because the cows that went to pasture had to come back home.

Below Wall Street, in those days when land belonged to the settlers and every settler kept cows, a herdman was appointed by the city to take the

The Jarr Family

By Roy L. McCardell

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MR. BERNARD BLODGER, the young stepfather of the Cackleberrys, had hastened from Philadelphia to visit Mr. and Mrs. Jarr as soon as word had reached him that his youngest stepdaughter, Gladys, was engaged to Jack Silver, the wealthy bachelor friend of the Jarrs.

Mr. Blodger had come on, as he expressed it, "To see that Jack Dalton does right by our Nell!" But as a matter of fact Bernard Blodger had borrowed carfare from his wife to come on to the great city to get his prospective son-in-law to cash a check for him.

In his own home, town, Philadelphia, so living soul would longer cash checks for Mr. Blodger for the reason that almost every living soul in Philadelphia had cashed checks for him.

Incidentally, Mr. Blodger gave it out that important matters concerned with the anti-feminist movement, with which great movement he was bound up heart and soul, called him hence. "Call it propaganda, if you will," Mr. Blodger had declared, "but I say it is a sacred crusade! The Sheltering Order of Wok-Wok, or Married Men's Protective Association, is a weak sister, so to speak. On the other hand, the Society of Splendid and Sagacious Snakes is a militant organization. It lives up to its motto and its watchword. Its motto is, 'No

As for Mrs. Jarr, she personally had no grudge against Jack Silver. She wished him no harm, but it is not in the nature of any married woman to permit any hard-boiled bachelor to escape.

Mr. Jarr had only murmured that all he could do was to sit by the front door with a club and knock Mr. Blodger in the head, if he showed up—especially with the request that Mr. Jarr should cash a check. Then he sat gloomily and listened to the ladies discussing the happy marriage that was to be.

"It's a beautiful romance, Gladys," remarked Mrs. Jarr, "but suppose, after all, you are making a dreadful mistake, and your marriage to Jack Silver should result unhappily?" "Well," replied the bride-to-be with a girlish laugh, "I could shoot him, couldn't I? Every unhappy wife has a right to shoot her husband, hasn't she?"

At these words, Mr. Jarr resolved to become a snake and hiss and rattle.

Habits That Mar Beauty

By Doris Doscher

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DON'T BITE YOUR LIPS! WONDER if you realize how easily the curves of the mouth, that make a perfect Cupid's Bow, can be spoiled by the bad habit that many of you have of biting on the lips? In a moment of embarrassment or fretfulness the first thing you do is to pull the lip through the teeth and press on the tender flesh. You have done it so often you become unconscious of the fact that it has become a set habit with you. Not only that, but often you will draw the flesh from the inside of the cheek between the back teeth. Do not be surprised if you have become a victim to these bad habits if a little massage will not undo the damage. I cannot impress upon you strongly enough how serious is the effect of this bad habit.

The chief attraction in a baby's face is the beautiful, rosy color of the lips. The reason the color shines through so prettily is because the delicate membrane of the lip in childhood is thin, and it increases in thickness as we mature. The continual biting of the lips hastens this process. So you see you are courting old age by biting on the lips. Not only is the skin coarsened but the lips are thickened, giving a coarse expression to the face that no amount of lip rouge overcomes—in fact, the lip rouge only accentuates it.

The most fascinating thing in a beautiful face is the soft, smiling lines of the lips. Surely when you realize that you can mar this effect by this little bad habit you will strive to overcome it. This cannot always be accomplished in a moment. It takes self-control in persistently guarding against this habit for days until you really gain the mastery.

Many of you have written to me for a remedy for thick lips, and for you this advice is particularly applicable. The mouth is very sensitive, and this bad habit is perhaps the reason for your thick lips. If it is within our power to move the muscles of the face, it is also within our ability to control them. The discouraged, downward lines that give the mouth the sagging appearance, as well as biting on them, are all within your ability to control. And you know but by just conquering this little bad habit you may be overcoming the one big fault that is keeping you from looking your best. So the next time you are tempted to place the tender skin of the lip between the teeth just think of this advice and avoid the habit.

Helps for the Mother

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MUCH of the desire for sweets is really the fault of mothers. At the table the child will be admonished to eat everything on his plate or he will get no dessert. He will be told if he is a good boy he can have chocolate cake for his supper. Candy is promised as a reward for the accomplishment of some task. Ice cream is a medium for another bribe. Is it a wonder children look upon these articles as something especially good? It is not surprising that this idea coupled with a natural liking for sweets establishes a craving for them.

The eruptions of gas in infants is usually the result of swallowing air, especially when food is taken. If this is not expelled colic follows. It may, however, be a symptom of indigestion, especially in older children, and should receive careful attention. The difficulty is aggravated by foods rich in sugar or fat and, naturally, both should be reduced when this condition exists. Starchy foods may have to be entirely eliminated if the flatulence becomes too distressing. Constipation is frequently a prime factor in this difficulty and a correction in this will often allay the trouble. However, when belching of gas becomes habitual the case should be put into the hands of the physician.

Digestive disturbances should receive immediate attention during the warm weather. If this takes the form of diarrhoea in infants reduce the milk in the formula, boil all the milk and omit sugar. For older children boil the milk and dilute it with barley gruel. Keep the child absolutely quiet while the disturbance lasts. If the attack is severe milk may be discontinued for a day and a dose of castor oil should be administered. If this does not stop the diarrhoea send for the doctor.